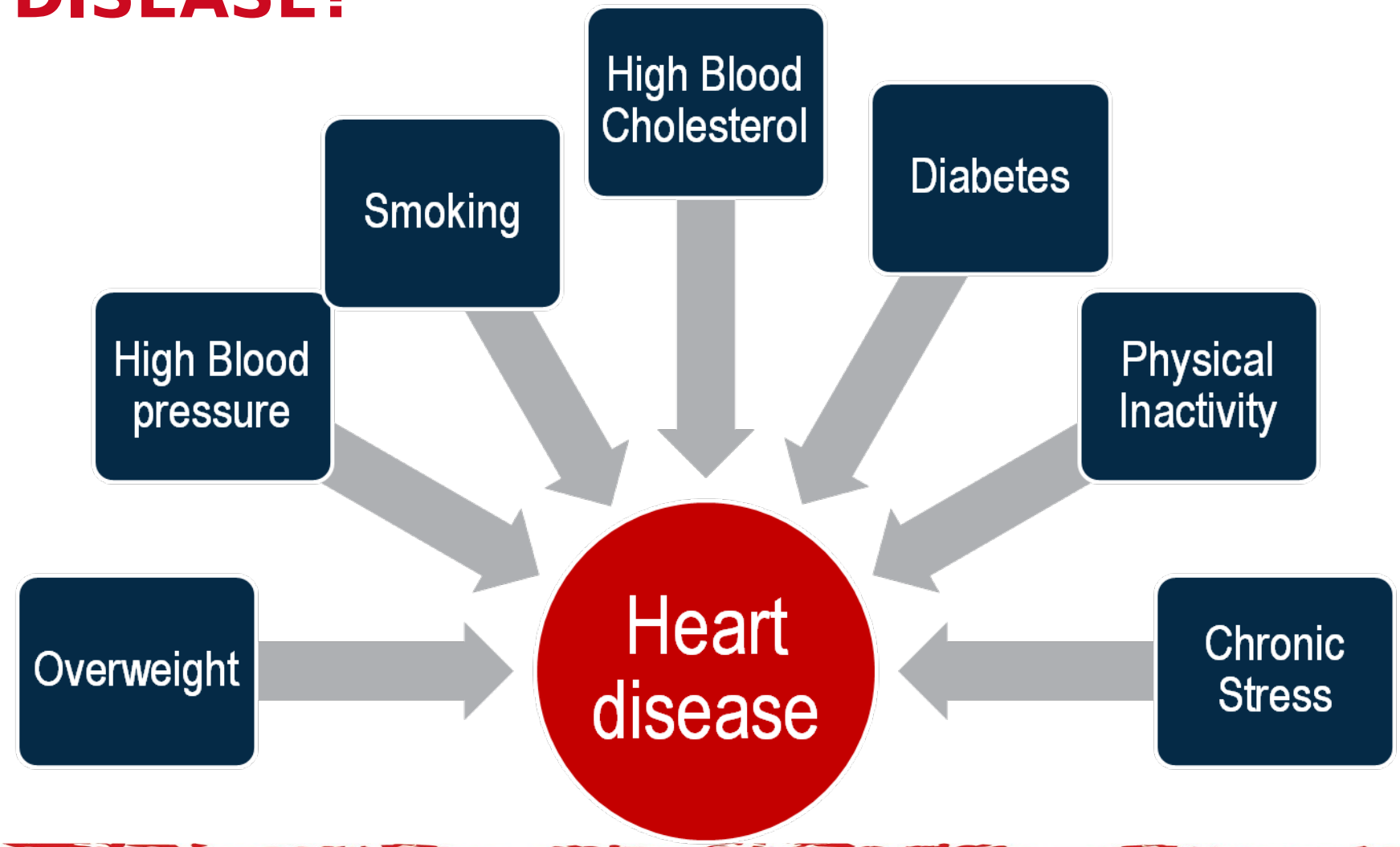
Do you have the ingredients to make the recipe for HEART DISEASE?



Using the recipe slide

- Use the slide as a display item
  - Choose to focus on one of the “ingredients” every 4-5 days
  - Provide a mini-lecture or poster presentation that go along with the topics that most relate to your command’s health
  - Use the activity guide to find activities related to each “ingredient”